



Chef Bill Nolan's Spiced Salmon Kebabs

This is a festive dish, perfect for summer or fall entertaining. The black sesame seeds add a dramatic touch, and the fresh oregano and cumin round out the flavor.

Salmon is not only a versatile protein that lends itself well to a variety of preparations, wild-caught salmon is one of the best sources of brain healthy omega-3 fatty acids, especially DHA. DHA is essential for prevention of cognitive decline in aging and has positive effects on many conditions including hypertension, arthritis, atherosclerosis, depression, adult-onset diabetes and heart disease.

For this recipe select salmon filets with thicker, rectangular cuts that will work well when skewering. Feel free to make this on the outdoor grill if you like, but as always with fish do not overcook.

Ingredients:

1.5 lbs skinless wild caught salmon – cut into 1-inch pieces
2 TBLS of fresh chopped organic oregano
2 tsps organic sesame seeds – white or black (black preferred)
1 tsp organic ground cumin
1 tsp sea salt
¼ tsp organic crushed red pepper flakes
2 TBLS organic extra-virgin olive oil
2 organic lemons very thinly sliced into rounds
8 skewers

Instructions:

1. Turn broiler on high and adjust rack to second shelf from top.
2. Mix oregano, cumin, sesame seeds, salt, and red pepper flakes in a small bowl and set aside.
3. Beginning and ending with salmon, thread salmon and folded lemon slices onto 8 skewers.
4. Brush with olive oil and sprinkle with the spice mixture.
5. Spread evenly onto large cookie sheet and broil for 1-2 minutes, flip and then 1-2 more minutes until fish is just done. Do not overcook.
6. Remove from oven and enjoy.

Source: Bon Appetit

Paleo, MITO, elimination diet, GF, DF, KETO, gut health, low glycemic, grain free, main course